

FOXTrail 5^K
Winter Running Series

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ATHLETE GUIDE
RACE 3 – BALGONE ESTATE
SATURDAY 17TH JANUARY



WELCOME

Thank you for your entry to the Foxtrail Winter Series.

Our second event of the series takes place in the dark. This document is full of useful information, please read it as it will answer all if not most of your questions.

This document includes information on the following:

- [Race Timings](#)
- [Race Logistics \(inc. Starts and Bag Drop\)](#)
- [Transport](#)
- [Registration and Race Timing](#)
- [Course Description](#)
- [On Course Nutrition](#)
- [Race Rules](#)
- [Accommodation](#)

We look forward to welcoming you to the race. Remember your head torch!



IMPORTANT POINTS

- Registration is 4.30pm-5.40pm please arrive in plenty of time to park, register and get ready. Remember there will be a toilet queue
- Bring a headtorch (and spare batteries)
- Toilets are provided on site please use them, we do not want to lose the use of the venue
- Your dibber is your timing chip the information is stored on the chip so you must return this at the end
- If you withdraw from the race at any point you must report to the finish line
- If you have entered the series you will only receive 1 race number and you must bring it to each event
- Bring a Cup for your hot drink at the finish line



RACE TIMINGS AND LOGISTICS

Location

The race venue will be Balgone Estate, Balgone Barns, North Berwick EH39 5NY (aka Balgone Pumpkins on some sat Navs) (Race Registration & Finish Line).

Parking

There is plenty of parking at the Balgone Estate. However, think of the planet and car share/take public transport if you can. Please follow signage and marshals instructions on arrival. The car park will be operating a one way system so please approach from the B1347.

Schedule

Critical race day times are below:

Saturday 17th January

1630	Registration for all Events Opens at Balgone Barns
1740	Registration Closes
1745	Race Briefing for all races
1750	Mass Warm Up – East Rocks Run Club - TBC
1800	Full Distance Race Start
1810	5k Race Start
1915	Prize Giving 10k and 5k (Approximate Time)

Please pay particular attention to registration timings. If you're not registered on time you can't race! 😊

NB. If you have entered the full series, you will keep the same number for use at each event but you Will still need to come to registration to collect your timing chip.

Bag Drop

There will be an unmanned bag drop facility on site. Bags will be left at owners risk.

Facilities at the Start & Finish Line

Race HQ at Balgone has areas for shelter and portable toilets. This will be the start and finish area for this event.



Please don't leave valuables in bags. We do not accept any responsibility for lost or stolen items.



REGISTRATION, TIMING AND FINISH

Registration

You'll receive your timing chip (Sport Ident 'dibber' type) and one race number (if you are not in the series) at registration. The race number goes on you, **please pin the number on your front**, please **do not fold this number or pin it to your leg** as it makes it very difficult for marshals to read. The timing chip goes on your wrist you will need to use it on the finish line. **If you are a series entrant please remember to bring your race number with you.**

Please make sure you **return your dibber** at the finish line or you will not be given a result and will incur a replacement charge of £35. Not returning your chip may also result in us sending out a search party for you, please don't make us come looking!

Finish + Prize-Giving

Prize-Giving will be held near the Finish line as soon as possible after the event. Relax, have a cuppa and claim your prize (or cheer on those that did win a prize!).

Prizes will be awarded to 1st, 2nd and 3rd male and female on both the full event and the 5k event.

Race results will be available at www.durtyevents.com/results.
Race Photographs will be published on our social media channels as soon as possible after the event.



Herd Coffee

Balgone Estate, North Berwick EH39 5NY

Speciality Coffee

Goods Baked in-house

Open till 6pm



Follow us for updates
[@foxtrailscotland](#)



ROUTE INFORMATION

Course Description:

The course will be fully way-marked and marshalled.

The course is entirely off-road and will be dark and muddy in places. You may encounter other users and members of the public, please be courteous – they have the same rights as you to be there. 'Race Head' will not be an acceptable excuse for being nasty!

Some areas will have lights, but most of the course will be dark, so please make sure you bring a fully charged working head torch or handheld torch and possibly some spare batteries.

Surfaces vary from rough rooted paths, to muddy trails and grassy fields. There are some rougher sections of footpath and areas will be unlit, please take extreme care.

The course distance is approximate and intended as a guideline for you to estimate the nature of the event. We're not interested in what your Garmin says 😊.

Footwear: We suggest that trail running shoes will be the sensible choice, road flats are not recommended. Whilst the course is generally on good surfaces, there are sections that are less good and a little more challenging.

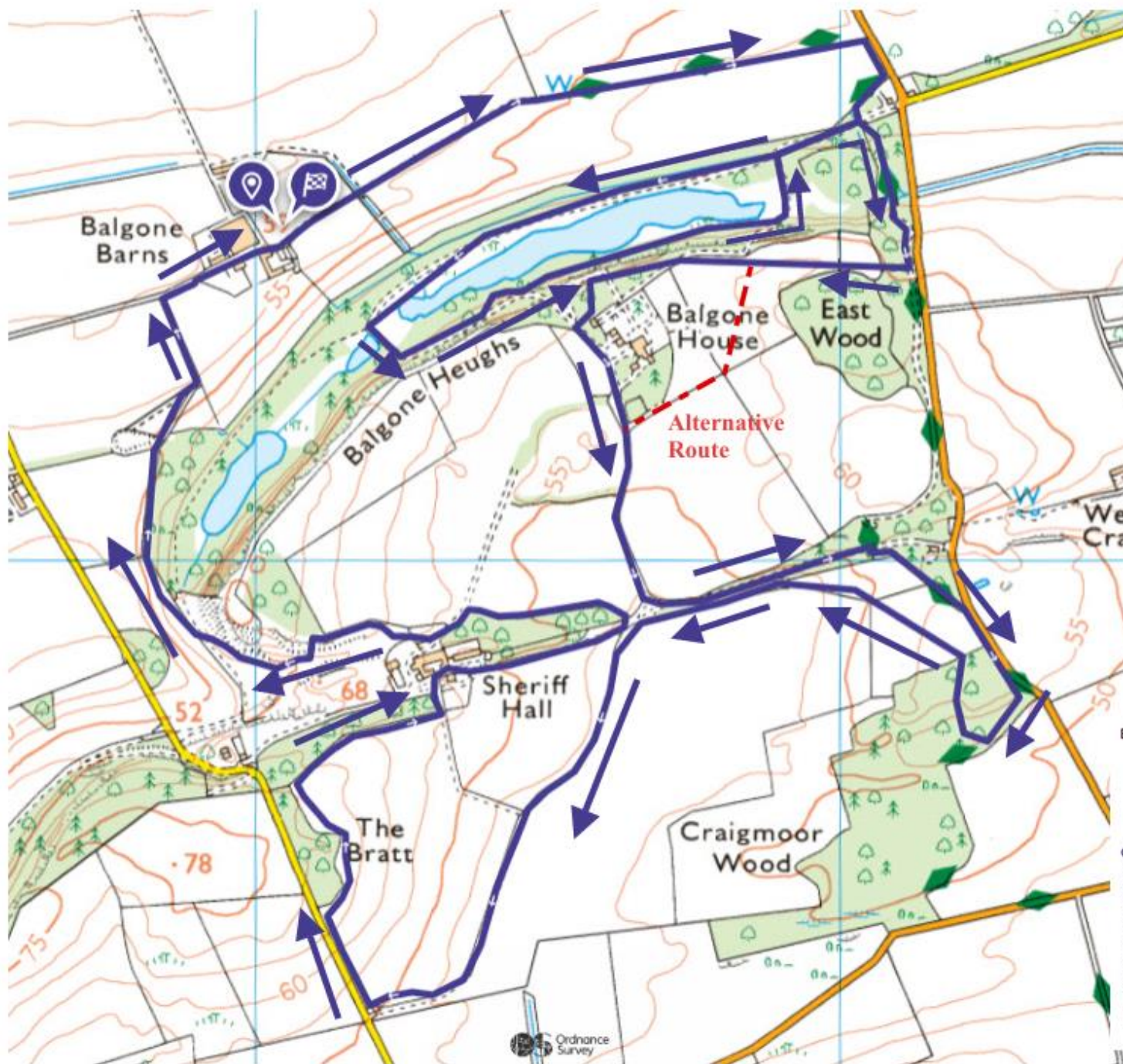
Aid Stations

There will be no aid station on this course. If you think you may need hydration or nutrition on your run, please make sure you bring your own with you.

Golden Rules

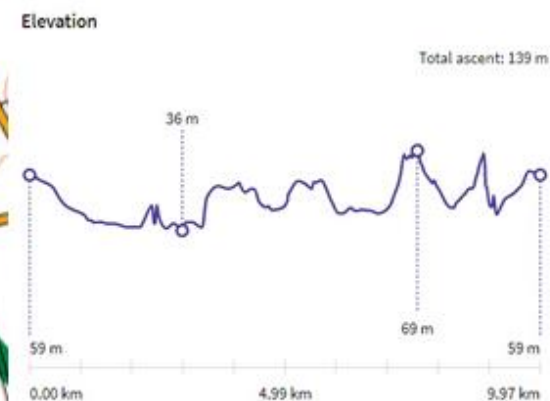
No Litter. Anywhere. Full Stop. This includes the car parks. It specifically includes gel wrappers, banana skins, cups etc. If you've got any of these, either bring back to the finish with you, hand to a marshal or use one of the bins at the Aid Station. We rely on the goodwill of landowners for the race to happen at all, and they do check the course after we're finished for this kind of thing. Please comply – we don't want to do it, but it's an instant DQ for littering. You've been warned!





Race 3 - 10km Night Run Balgone Estate

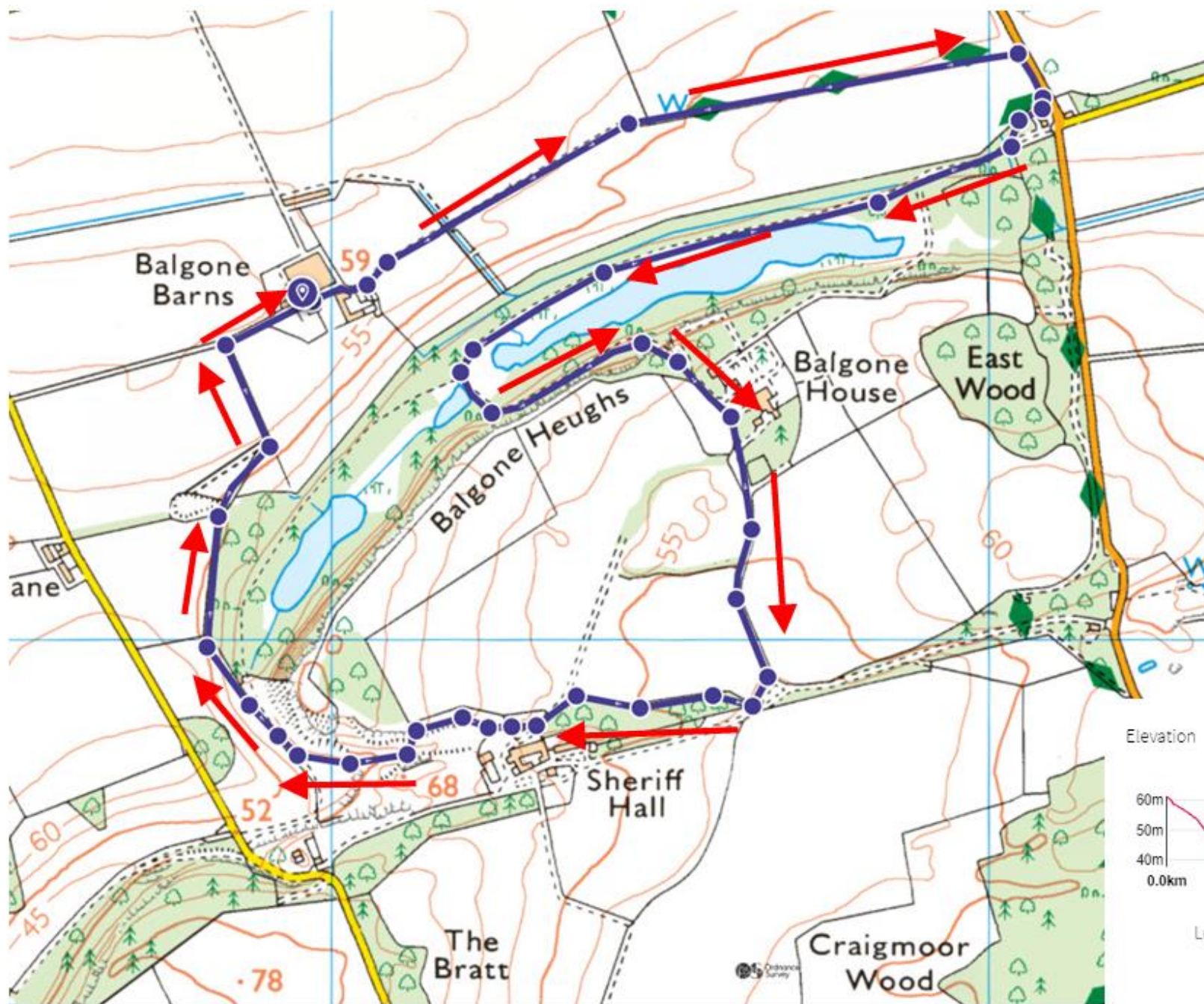
Please note we intend to follow the route marked in blue however we may need to divert via the red dotted line, we will let you know prior to the event which route we will take



[Download the 10k gpx file](#): Please do not recce sections of the course that are not on public footpaths



For future adventures
check out our other great events at
www.durtyevents.com



FOXTrail 5^K
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**Race 3 - 5km Night
Balgone Estate**

Elevation



Lowest 38m Highest 61m

Total ascent 68m

[Download the 5k gpx file](#): Please do not recce sections of the course that are not on public footpaths

AND FINALLY

Volunteers – (Help Needed)

This event requires a small number of folks to make it happen – course marshals, aid station teams, registration and finish crew etc.

Do you have friends, family or clubmates that fancy coming along to help make this event happen? Volunteering will give them a unique view of the course and enable them to shout abuse (oops! I meant ‘encouragement’ 😊) at you along the way. If so... **we need them!** Please email info@durtyevents.com if you think you can help.

In exchange for their help we offer a whole heap of fun with like-minded people, our deep appreciation, and a warm fuzzy glow of being an essential part of making it happen. If you can bring a group of people (e.g. club, community organisation etc.) we can also make a donation to your cause.

Accommodation

For accommodation options, this is a good starting point: <https://www.visitscotland.com/accommodation>

Harvest Moon Holidays are perfectly located for our events at Foxlake Adventures Dunbar and are the venue for our Harvest Moon Half Marathon. Check out their accommodation at www.harvestmoonholidays.com



WITH THANKS



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